

## What is an Unhealthy Relationship

Abusive relationships are unhealthy relationships. Family violence and dating violence are crimes. Rivers of Hope and the V.I.P. program offer the help youth need to end the cycle of violence.

## Signs of an Unhealthy Relationship

You may be in an abusive relationship or the victim of family violence if someone close to you:

- Touches or talks to you inappropriately
- Discourages or forbids you to spend time with family or friends
- Blames you for everything that goes wrong
- Controls all finances or withholds necessities
- Humiliates you or minimizes your feelings
- Threatens to harm you, your children, family, friends or pets
- Destroys your personal property
- Pushes, hits, punches or kicks you or your children
- Forces you to perform sex acts against your will

## Mission Statement

Promoting a community coordinated response to family violence through advocacy, education and interagency collaboration.

## Contact Us

Seven days a week, 24 hours a day, our Advocates are ready to help you. For assistance or general information, call our Crisis Line.

**Phone:** 763-295-3433

**Toll Free:** 1-800-439-2642

**Fax:** 763-295-6091

**E-mail:** [info@riversofhope.org](mailto:info@riversofhope.org)

**Web:** [www.riversofhope.org](http://www.riversofhope.org)

Rivers of Hope  
PO Box 511  
Monticello, MN 55362



# RIVERS OF HOPE

Advocates for Ending Family Violence.

## V.I.P. Program: Violence Intervention and Prevention



## Who We Are

Rivers of Hope is a non-profit community based agency offering advocacy, support and referral services for victims of family violence. Rivers of Hope has been serving communities in and around Sherburne and Wright counties since 1989.

By working in partnerships with schools, law enforcement, county social service agencies, emergency shelters and the court system, Rivers of Hope will help you find the help you need. All services are free and confidential.

**“I learned I’m not the only one with problems, and that others are there for you.”**

—BOY, AGE 13

## Violence Intervention and Prevention

Rivers of Hope is committed to helping youth end the cycle of family violence. The Violence Intervention and Prevention (V.I.P.) program provides support groups, crisis intervention and individual advocacy to males and females up to age 18 who have been a victim of, or witness to family violence or dating violence.

Working in collaboration with schools and community groups, our Advocates meet with students to offer support, education and referrals to community resources. Through education and empowerment the V.I.P. program helps youth move beyond violence to healthy relationships.

V.I.P. program services are available to schools, businesses and community groups. Presentation topics include:

- Abuse
- Coping
- Self Esteem
- Individuality
- Healthy Relationships
- Anger
- Body Image
- Media
- Dating Violence
- Self Care
- Friendship
- Family Violence



If you have experienced violence at home or in a dating relationship; or if you have any questions or concerns about a relationship, call our Crisis Line 763-295-3433.

No one has the right to harm you. Rivers of Hope is here to help.

**“We talked about love and that love shouldn’t hurt. I think it’s important to know things like that.”**

—GIRL, AGE 16

